THE INNER CHILD CONTRACT

How Your Past Self is Sabotaging Your Leadership

An Inner Work Companion for the Woman Ready to Lead from Sovereignty, Not Survival

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Written by Fristy Sato

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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Welcome Letter

Hey,

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Moving to Japan became my mirror: the hustle, the pressure to prove, the loneliness under the surface. It all cracked open the deeper truth—I wasn't broken; I was simply unmothered inside myself.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

This workbook is your invitation to walk that same path.

Let's get straight to the truth.

The reason you are exhausted isn't just about your schedule. It's about your **inner contract**.

You are a powerful, successful woman. But deep down, a younger part of you is still running the show. She's still using the survival strategies she learned in childhood: the need to perform, the fear of setting a boundary, the constant over-explaining. That old contract is what makes your current success feel like a **hustle hangover**. It costs you peace. It blocks your genuine purpose.

This workbook is your quiet invitation to shift. We are moving you from **Childhood Survival Mode** to **Adult Sovereignty.** This inner work is the true foundation of **Feminine Leadership.**

Thirty days. Gentle steps. One layer of forgiveness at a time. Your future self will thank you for it.

Fristy Sato | Divine Feminine Leadership Initiator

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Your 5-Day Journey to Adult Sovereignty

This guide is designed to be concise and impactful. Do one day's reflection, then let the insight sit with you. **No rush. Just realization.**

DAY 1: The First Survival Strategy (Healing the Inner Infant)

The Inner Child Wound shows up not as sadness, but as a silent, invisible strategy you use to feel safe today. This relates to your primal need for Safety and Belonging (The Inner Infant).

Prompt: The Core Wound Echo

Where did I first learn that earning love or being useful was a requirement for being seen?
When I feel unseen or critiqued today (in business, with a partner), what is my first unconscious action: Do I shrink, fight, or immediately try to fix/explain?
If I allowed myself to just be without performing, what is the deepest fear that surfaces?

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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DAY 2: The Silent Inner Critic (Healing the Inner Toddler)

Your Inner Critic is not your enemy. It is a recording of an old, internalized voice. The way you speak to yourself is the way you were taught to stay safe. This connects to reclaiming **Authentic Expression** (The Inner Toddler).

Prompt: Identifying the Inner Authority

What is the main mantra or phrase my Inner Critic repeats when I step into my visibility or raise my prices?
Whose emotional energy or specific words is my Inner Critic using? (It's often a literal echo of a parent or caregiver.)
If my inner child could be protected by a Sovereign Adult (me), what clear, compassionate truth would that adult whisper to silence the critic?

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Reflection:

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DAY 3: The Need to Perform (Healing the Inner School-Age Self)

The survival contract directly affects your prosperity and purpose. If you tie your worth to your productivity, you can never rest, and you will always undercharge for your soul's depth. This is about transforming **Failure into Feedback** and **Growth**.

Prompt: Worthiness and Flow

Where in my work do I overwork or over-explain just to feel validated or to escape financial judgment?
What part of me believes that ease and money cannot coexist?
How does the inner child's need for approval influence my choices around money and pricing?

This performance trap often leads us to diminish our worth, which blocks the flow of prosperity. To fully unlock your potential and start leading from wealth, not scarcity, **Read Our Guide to Healing Your Feminine Wealth Codes Here**.

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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DAY 4: Reclaiming Your 'No' (Healing the Inner Adolescent)

The inability to set boundaries is an act of self-abandonment learned in childhood. Reclaiming your "No" is the clearest expression of **Adult Sovereignty** and connects to anchoring a solid **Identity and Purpose**.

Prompt: The Boundary of Peace

Where am I currently saying "Yes" out of obligation, fear of conflict, or habit, when my body is screaming "No"?
If I felt completely safe and unconditionally loved right now, what clear boundary would I set with a partner, client, or family member?
What is the quiet cost of this boundary being left unsaid (e.g., exhaustion, resentment, diminished clarity)?

Affirmation for the Week

“I bless my past and walk freely into my becoming.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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DAY 5: The Adult Choice (Integration and Embodiment)

Integration is not about forgetting the past. It's about being so anchored in your present adult self that the past simply stops running the show. You get to choose your reality now.

Prompt: Anchoring Sovereignty

What big decision—in my business or my life—would my whole, secure, adult self make today that the wounded part of me avoids?
What is the simplest ritual (a single deep breath, a minute of silence) I can commit to daily that reminds me: I am safe. I am enough.
Fill in the blank: The sovereign woman I am becoming does not tolerate…

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step: From Survival to Sovereignty

You've done the beautiful inner work of realization. You've identified the inner contract that is costing you peace.

This is the exact work we deepen inside the Homecoming Method. If you are ready to fully embody this healing and build your leadership on an unshakable foundation of self-trust, you have two clear paths home:

Path A: High-Touch, Private Mentorship (The Full Homecoming)

If you crave **high-touch, trauma-informed support** to regulate your nervous system and re-parent each phase of your Inner Child (Infant, Toddler, Preschool, School-Age, Adolescent), this is your invitation. The 10-Week Mentorship is limited to 5 women per quarter for deep, custom support.

Apply Now for the 10-Week Inner Child Healing for Leaders Private Mentorship

Note: Only 5 spots are available per quarter.

Path B: Self-Paced Integration (The Study Path)

If you need a flexible, self-paced solution to anchor this work now, the **Inner Child Healing Bundle** offers all the foundational resources—including the Access to Workbooks for every phase of childhood **(Total: 5 Books)**—for intensive self-study.

Get the Inner Child Healing Bundle for $333

I am holding the space for your homecoming.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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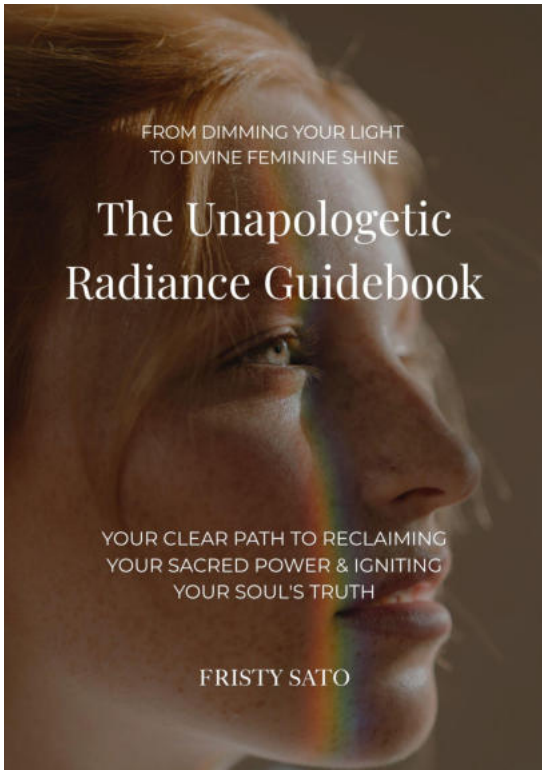
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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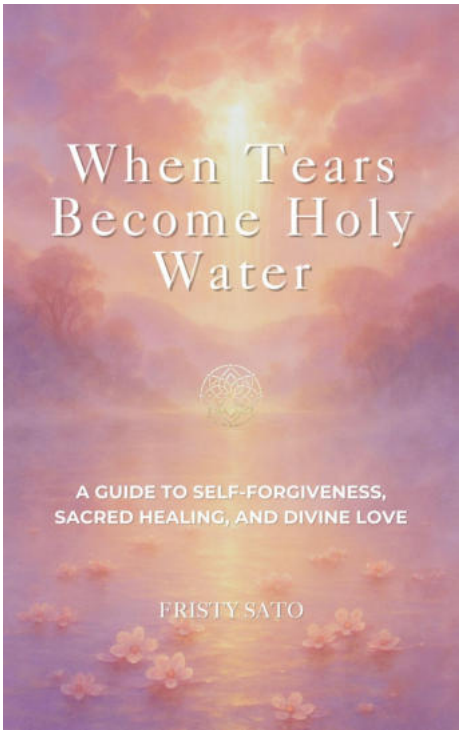
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

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This book found me exactly when I needed it. I didn’t realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy’s words felt like a hand on my heart. She doesn’t just teach forgiveness—she lives it. This is more than a book. It’s a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I’ve read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that’s both nurturing and powerful. She doesn’t sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It’s a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn’t put this book down. Fristy’s journey through rage, grief, and spiritual awakening is not just inspiring—it’s transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I’ll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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